

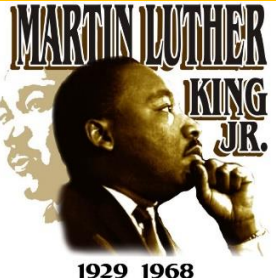


Head Start & Administration Building
152 W. Lehigh Ave. Phila. PA 19133

Sport and Recreation Building
141 W. Somerset St. Phila. PA 19133
(215) 425-7800
www.Lighthouse1893.org

Sport Complex
199 Erie Ave. Phila, PA 19124

The Lighthouse Family School *Grab N Go* Menu 2020-2021

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	1/18/20	1/19/20	1/20/20	1/21/20	1/22/20
BREAKFAST:					
Milk	Building Closed	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable		Mixed Fruits	Mandarines	Mixed Fruits	Diced Pineapples
Grain/Meat		Corn Muffin	WG Pancakes	Corn Muffin	Oatmeal Packet
Extra					
LUNCH:					
Milk		Soybutter and Jelly	Turkey/Cheese Sandwich	Soybutter and Jelly	Personal Pizza
Fruit/Vegetable		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Vegetable		Banana	Diced Pineapples	Banana	Mixed Fruit Cups
Grain		Broccoli	Green Beans	Broccoli	Corn
Meat/Meat Alternate		WG Bread	WG Roll	WG Bread	WG Pizza
Extra		Grape Jelly	Turkey and Cheese	Strawberry Jelly	Cheese
PM SNACK: <i>Select two of the five components</i>					
Milk	No School		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit		Mango Juice		100% Fruit Juice	
Vegetable					
Grain		WG Choc. Chip Muffin	Ritz Bites	WG Choc. Chip Muffin	WG Gold Fish
Meat/Meat Alternate					

**Early Head Start students will consume 4 oz. of Whole Milk for each meal. Head Start students will consume 6 oz. Low/Fat Free Milk for each meal.*

**Menu is subject to change.*